

[54] METHOD OF MAKING FIBER ENRICHED YOGURT

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[57] ABSTRACT

Yogurt and fruited yogurts are fiber fortified without any resultant adverse taste or mouthfeel due to the fiber by using selected sources of fiber which include soy fiber, oat fiber, and gum arabic. Plain yogurt and Swiss style fruited yogurt can be fiber enriched with up to 6 grams of fiber and preferably 3.5 grams of fiber per 8 ounces by adding gum arabic and/or soy fiber to the yogurt base mix or to the yogurt fruit product. Yogurt fruit product as well as fruit jams and fruit preserves are enriched with up to 4 grams of fiber and preferably 2.5 grams of fiber per 25 grams of fruit product by judicious use of soy fiber, oat fiber and/or gum arabic as the source of fiber. Sundae style fruited yogurt may be fiber enriched with up to 10 grams and preferably 7 grams of fiber per 8 ounces of product.

16 Claims, No Drawings